

Tips to Informal Caregivers
on Giving Personal Care

Shaving a Man With a Safety Razor

Shaving may be done at the same time as bathing. Whenever possible, the man should be encouraged to shave himself. An electric razor is more convenient to use. If a safety razor must be used, make sure you have:

- razor with a fresh blade;
- shaving cream;
- hot water in basin;
- towel and wash cloth.

Procedure:

- Place a towel over the chest.
- Wash the face with soap and water, leaving it wet.
- Rub shaving cream into the beard. Do not use soap.
- Pull skin tight over the area to be shaved.
- With gentle, short strokes shave in the direction the hair grow.
- Rinse the person's face and pat it dry.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.